



How do I spot a fad diet?

In a genuine effort to control our weight and avoid becoming a statistic, many of us resort to popular diets that appear to be working for other people. Many of these diets can be classified as fad diets. While there is no set approach to identifying a fad diet, many have the following characteristics:

- Recommendations that promise a quick fix
- Dire warnings of dangers from a single product or regimen
- Claims that sound too good to be true
- Simplistic conclusions drawn from a complex study
- Recommendations based on a single study
- Dramatic statements that are refuted by reputable scientific organizations
- Lists of “good” and “bad” foods
- Recommendations made to help sell a product
- Recommendations based on studies published without review by other researchers
- Recommendations from studies that ignore differences among individuals or groups
- Eliminated one or more of the five food groups

While these diets appear to support weight loss despite the short-term dangers, most people find that diets such as these don't work at keeping weight off in the long term. Thus, the best approach is to make gradual changes that will reduce body fat slowly and permanently and maybe more importantly, stop weight gain and support weight maintenance.

For more information on controlling your weight, your local **Health and Wellness Center (HAWC)** or **Dietitian**.

Shape Your Future... Your Weigh!™